

**Osteoporosis Canada  
Manitoba Chapter presents**

# **Active Females – The Impact on Bone**

## **The Bare Bones of the Female Athlete Triad**

**Are you an active female...** a gymnast or figure skater? Are you a dancer or involved in endurance sports like distance running? Do you coach or parent these individuals? If your answer is "Yes", this event is for you!

**This forum will focus on** how intense training and low energy/calorie intake can lead to *amenorrhea* (a condition where menstrual periods stop) and bone loss. Amenorrhea is not an adaptation to strenuous training – it's a sign that something is wrong. Bone loss may increase the risk of stress fractures now; and increase the risk of osteoporosis and fractures later in life. Performance can also suffer.

**Awareness and prevention** of this disorder are essential. Come hear pediatric sport and exercise medicine physician **Dr. Erika Persson** and registered dietitian **Pat McCarthy-Briggs** talk about this condition, its implications and how to help those affected.

DATE: **Thursday, May 13, 2010**

LOCATION: **Masonic Memorial Temple | 420 Corydon Avenue**

TIME: **7:00 - 9:00 p.m.**

**Admission \$5 | Students free with ID**

**For more information please call 772-3498  
or email [Manitoba@osteoporosis.ca](mailto:Manitoba@osteoporosis.ca)**

**Presented by**



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